

## Topics of the Home and Household.

When rinsing children's clothes, add a little alum to the water, as this renders them less liable to catch fire.

When darning gray goods, use a white cotton for running one way and a black cotton for the stitches crossing the white ones. The mended rent will be almost invisible.

If there is any difficulty in turning out a hot pudding, wrap a cloth round it that has been wrung out in cold water for a minute or two, and the pudding will slip out quite easily. For jellies and cold puddings let the cloth be wrung out in hot water.

A broom, even a covered one, used continually on straw matting, soon wears it out. A carpet sweeper used over the grain is better, and the vacuum cleaner is best of all. But for every day use, nothing is easier or better for the matting than to go over it with a heart brush and dustpan, taking up the dust and in no way injuring the surface of the floor covering.

### Don't Dope a Headache.

Headaches are so common that most of us have grown to pay very little attention to them, says the Irish World. They are too often considered to be merely a disagreeable but unimportant evil which is to be relieved, when it becomes too severe to bear, by one of the many different patent headache cures so freely advertised in newspapers and street cars.

It is stupid to suffer from headaches without trying to find out what causes them. In this way one often prevents the development of a serious disease, of which the headache is nature's warning.

If you woke up at night and found a strong odor of illuminating gas in your bedroom, would you stuff cotton in your nostrils to shut out the odor, or would you look for the open gas cock and shut that?

It is worse than stupid to swallow a lot of dope because someone, who makes large profits by selling the stuff, tells you it is good for your headache. The dangerous thing about most advertised remedies is that they do relieve the headache for a time, and so fool you into calling for them again and again. But they never prevent the headache from coming again, because they do not remove the cause of the headache, and do not cure the disease of which the headache is a symptom. What is more, these remedies all contain a dangerous poison, which works slowly but surely to weaken the heart.

Any person suffering from headache that keeps coming back should have himself thoroughly examined by a doctor. The cause may be easy to discover and to remove, so that the headache will not return.

### The School Lunch Box.

"Will you suggest some variations in sandwiches for school lunches?" This question came from a mother who puts up five lunches every day and who feels that the children need some variation from the meat sandwiches and from the egg sandwiches which are so commonly used. Bread and meat and bread and butter and bread and eggs are pretty good combinations for the average child's lunch pail, but for the sake of variety it is well to introduce some other kind of sandwich occasionally. Men and women and children are all peculiarly endowed with a desire for change and this desire for change includes the subject of foods as every housewife can testify.

An attractive sandwich filling is made

## CHILDREN WE WORRY ABOUT

Close confinement in school during the past winter, overstudy perhaps, an attack of the grip or tonsillitis, some one of these things is doubtless responsible for the condition of the child who shows a decline in health now.

What are the symptoms? Pallor and languor, a feeble appetite, dark rings under the eyes, bronchial colds. Very often the best efforts of the family physician fail in such cases and the condition of the child causes the most intense anxiety. Cod-liver oil, so often prescribed, generally fails because the weak stomach is unable to digest fats.

Try this treatment. Before breakfast each morning give the child the juice of half an orange. After the noon meal give one of Dr. Williams' Pink Pills. Keep this up for a few days and then give one of the pills after the evening meal also. Weigh the child before beginning the treatment and again after two weeks. An increase in weight of from two to five pounds will show you that you are on the right track at last. Care is necessary in the diet of the patient and it will be well to send to the Dr. Williams' Medicine Co., Schenectady, N. Y., for a diet book and the pamphlet, "Building Up the Blood." Both are free. Your own druggist sells Dr. Williams' Pink Pills.

by putting through the meat grinder equal quantities of raisins and nuts, says an exchange. Add enough fruit juice or jelly to make moist, then spread on slices of buttered bread. A lettuce leaf placed in the sandwich improves it for most people. Another fruit sandwich filling is made of figs. Remove the stems and chop the figs until fine. Add a small quantity of water and cook in a double boiler until a paste is formed. Then add a few drops of lemon juice. Chopped peanuts may be added to this or some people like to spread the bread with peanut butter and then with this paste of figs. For those who like preserved ginger, try placing thin slices of preserved Canton ginger between slices of buttered bread.

Sometimes the addition of flavors to the meat sandwich will make it more acceptable. Try adding some tomato sauce to cold chopped meat and see if it is not a pleasant variation. Fried oysters arranged on crisp lettuce leaves and placed between slices of buttered bread form a good sandwich for adults. Young children should not have the fried foods because of the greater difficulty in digestion. Hard-cooked eggs mixed with chopped ham and moistened with salad dressing is an old friend under a new guise. Scrambled egg with crisp bacon is another good combination.

Cheese may be used much more than it is by most mothers. A plain cheese sandwich is nourishing and palatable. A cake of cream cheese contains many possibilities. With the addition of some pimientos and possibly some nuts or some chopped olives and a bit of mayonnaise it makes a very nice filling for sandwiches. Cottage cheese which is made at home takes on quite an aristocratic air when mixed with chopped nuts and spread between thin slices of graham bread.

A change in the kind of bread used will often please the child. A change in color or in shape is often worth while. One mother bakes round loaves in baking powder cans because her children are fond of the crust and this gives a sandwich which is attractive and which does not break easily.

The ingenious woman, however, is not going to depend upon directions for the making of sandwiches. She will study the tastes and needs of those to be fed, she will study the contents and possibilities of her cupboard and do some experimenting in the making of sandwiches. If she has nuts, cheese, salad dressing, tomatoes, and dried fruits, she will be able to give her children a surprise occasionally in the contents of their lunch baskets. Dorothy Dexter.

## WASHINGTON COUNTY FARM BUREAU ASSOCIATION.

Report for Week Ending May 6

Farmers visited ..... 5  
Letters written ..... 16  
Office calls ..... 16  
Telephone calls ..... 14  
Meetings held ..... 4  
Attendance ..... 260  
Miles traveled ..... 87

The meetings this week have been especially well attended. The discussions proved especially valuable both to the farmers and to the county agent. These discussions and the exchanging of ideas are of immeasurable benefit to us.

At this season of the year the two topics that are perhaps most in our minds are seedling and fertilizing. The Washington County Farm Bureau association wants to be of special assistance to the farmers on this question of seeds and seedling. Germination tests carried on this spring have shown up the fact that our supply of seed will be below normal in this respect, that is, seed of all kinds, especially corn and oats, lack in vitality and it will be a profitable idea for the farmers to test their seed wherever they can before putting it into the ground, so as to determine whether they will need more than the usual amount to get a fair crop.

Most of our fertilizer has been bought for this year but not all of it has been applied to the land and it is a good time to give this question a little study. We must remember that the nitrogen in a high grade fertilizer is more or less unstable and must be used on the crop at the proper time in order to get the best result. It would not be advisable to use a fertilizer testing over 5 per cent nitrogen on our corn, as too much of the nitrogen would be evaporated before the corn roots were in a position to take it up. On the other hand, now is the time to get the best results from top dressing meadows with a high testing fertilizer because the grass roots have just got started and are in a position to benefit from an application of about 150 pounds of nitrate of soda to the acre or 400 pounds to the acre of a commercial fertilizer testing 5 or 6 per cent nitrogen.

While the farmers in Washington county buy considerable of the commercial fertilizer and chemicals, these altogether do not amount to near the value of our home-made fertilizer, namely, barnyard manure. We realize this better when we think that it only takes from 15 to 20 loads of average manure to equal the plant food in a ton of high grade fertilizer. Properly conserved, the barnyard manure becomes one of the farmer's best assets. Besides furnishing the plant food it furnishes humus to the soil and lightens it up to make a better seed bed. In order to get the best results from the use of barnyard manure should get it mixed with the ground as soon as possible after hauling it to the field as so much of it is wasted by being exposed to the sun, in which case much of the nitrogen evaporates in the form of ammonia gas.

It is especially gratifying to the workers of the bureau that the local organizations of granges are taking special interest in the work of the association by taking up the topics in their meetings and talking it over on their farms. It is hoped that all of the granges will take up the work with this co-operative spirit in mind and make Washington county the best organized county in the state. The county agent will be most glad to make arrangements to attend the regular meetings and explain the work of the association and discuss agricultural problems.

An alfalfa demonstration has been arranged on the farm of George May in Marshfield. This demonstration will consist of five acres of land, part of which will be limed and part left without lime. Two varieties of seed will be used to determine their relative value. Any farmers who are interested in studying the question of more and better crops are encouraged to confer with the county agent in regard to small demonstration plots of alfalfa, soy beans, clover, potatoes or oats. F. H. Abbott, County Agent, U. S. Department of Agriculture.

## ORANGE COUNTY FARMERS' ASSOCIATION NOTES.

For Week ending May 6

May 1 and 2 were spent in visiting schools in Randolph, Brookfield, Braintree and Tunbridge with the school superintendents, George W. Patterson of Randolph and M. A. Sturtevant of South Royalton. Twenty-two schools in all were reached and in them 327 pupils. The rag doll method of testing seed corn was explained and samples left at each school in order that the children might make their own and test for their parents and friends. We hope that the parents will help their children in their interest in this, even though the aid in testing seeds is not appreciated, as it furnishes an excellent lesson in nature study. The more children are interested in farm life during their school days the more good farmers we are going to have in the future.

Alfalfa demonstrations have been arranged with the following farmers: L. E. Hardy, Bradford; F. H. Wilcox, Brookfield; Guy F. Moxley, Chelsea; H. F. Bartlett, Fairlee; Charles Greer, Newbury; Dix Camp, Randolph; W. H. Robinson, Strafford; E. C. Bond, Thetford; Fred Rowe, West Topsham; Benjamin Tucker, Tunbridge; W. M. Seaver, Willamstown. These farmers will try spring vs. summer seeding, Grimm vs. common seed, lime vs. no lime, inoculation vs. no inoculation. Other farmers in the county planning to try alfalfa this year are urged to get in touch with the county agent in order that as much data as possible may be gathered this year concerning the success of various methods of handling the field. Others are urged to keep watch of those trying alfalfa this year, so that if it proves a success they will know the best methods to use.

Meetings were held this week at Tunbridge grange, Vershire and Brookfield grange. The week of May 8-15 meetings are scheduled at West Newbury grange May 11 and Thetford grange May 12.

### Summary of the week:

Farmers visited ..... 23  
Letters written ..... 28  
Telephone calls ..... 28  
Meetings held (school) ..... 22  
Pupils reached ..... 327  
Other meetings ..... 327  
Attendance ..... 82  
Circular letter sent to ..... 345  
Miles traveled ..... 325

E. H. Loveland, County Agent, U. S. Department of Agriculture.

## 521 REVOLT CASUALTIES

124 British Troops and Irish Police Were Killed

## COURTS-MARTIAL FINISH WORK

No More Executions To Take Place In Ireland

London, May 10.—The casualties in Dublin in the recent uprising were 124 killed, 388 wounded, and nine missing, a total of 521, among his majesty's troops and the Royal Irish constabulary, Premier Asquith announced in the House of Commons yesterday.

Lewis Harcourt has declined to succeed Augustine Birrell as chief secretary for Ireland, giving ill health as his reason. The choice for Birrell's successor is now believed to rest between Harold J. Tennant, parliamentary under secretary of war; Colonel Sir Mark Sykes, member of Parliament for Hull; and Brigadier General John Edward Bernard Seely, former minister of war.

## ASQUITH RIDDLED WITH QUESTIONS ON REVOLT

Asked If Newspaper Editors Opposed to Rebellion Were Shot Without a Trial—Hundreds Jailed Without Charge.

London, May 10.—A veritable volley of questions on the Irish situation was directed at Premier Asquith from all sides of the House of Commons yesterday. Some members asked whether he was aware of the "grave concern" over the executions and others whether he knew of the "grave concern" felt over the losses which Loyalists had suffered. Philip Edward Morrell, Liberal member for Burnley, inquired whether F. Sheehy Skeffington, editor of the Irish Citizen, had been shot in the barrack square in Dublin before martial law was proclaimed, and Timothy Healy asked whether the premier knew whether the editors of the newspapers opposed to the revolt had been shot without trial at Porto Bello barracks, without any time being given them to say their prayers. The premier promised to make careful inquiry into all the incidents mentioned. No one was more anxious than the government, he said, that there should be no undue severity in the execution of the law.

William O'Brien, Nationalist member for the city of Cork, asked whether the premier was aware that hundreds of men from Cork and Tipperary had been arrested without any charges being stated and were confined in the Cork jail, where they were treated with the utmost harshness. He also asked whether steps would be taken to allay the universal public indignation at the reign of terror which had been established and whether the police and military had just raided the offices of the Cork Free Press, which had advocated recruiting since the outbreak of the war.

Premier Asquith said he would make diligent inquiries into the matters alluded to in Mr. O'Brien's questions.

## ANOTHER HEIRESS SAVED FROM WAITE

District Attorney Learns Parental Objection Prevented Previous Marriage.

New York, May 10.—That Dr. Arthur Warren Waite, poisoner of his millionaire father-in-law, John E. Peck of Grand Rapids, married Miss Clara Peck only because he failed to ensnare a richer heiress was yesterday the belief of the district attorney.

The theory follows startling revelations made to the district attorney by the heiress herself. Dr. Waite met her at Palm Beach in the winter of 1914 and was in her company a great deal.

She knew Dr. Waite wanted to marry her and was favorable to him. The match, however, was prevented by the girl's parents, who found Dr. Waite to be not a gay gallant, with plenty of money but a poverty stricken fortune hunter.

That Dr. Waite would have worked out his poison plans on the parents of the girl is the belief of the prosecutor. Waite married Miss Peck in September, 1915. He is now in the Tombs awaiting trial on a first degree murder charge.

The name of the girl for whom Waite tried will not be made public unless she is summoned as a witness at the trial.

## TEACHERS' READING CIRCLES.

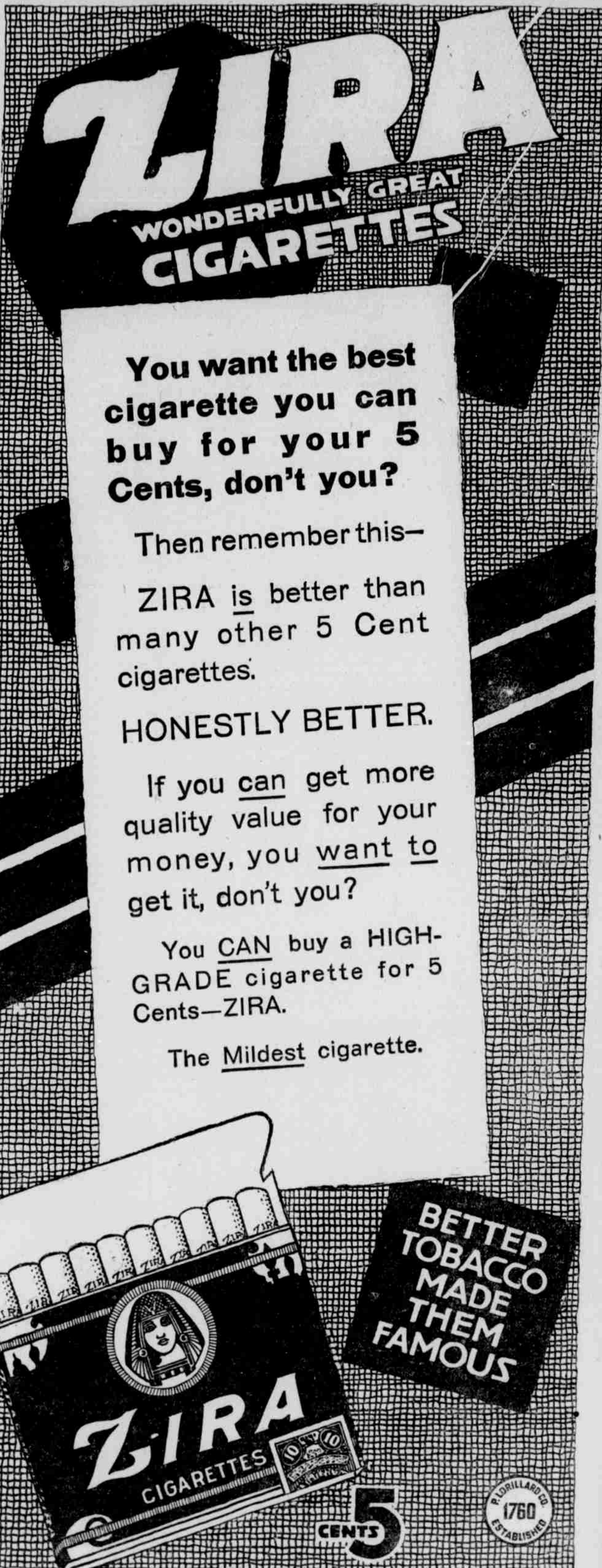
There Has Been a Great Extension in the Department.

In 1911 an inquiry was made as to states having teachers' reading circles. Thirty-five states answered in the affirmative and two others reported teachers' reading circles by counties. During the years 1909-11, 87 different books were listed in the reading courses of the 35 states. The reading course for one year usually included not more than three books, one of which was generally of a cultural type.

At present the teachers' opportunity

## INFLUENCE OF WOMEN

"Women are a wonderful influence in the lives of most nations," says the Washington Post, and upon women rests the responsibility for family health. To her they look for help in times of sickness, and the attention of every wife and mother in this vicinity is called to the combination of the three oldest tonics known, which Floyd G. Russell, Prop. of the Red Cross Pharmacy, guarantees in Vinol—iron for the blood, beef peptone for strength, and the body-building medicinal properties of cod livers. It will pay over-worked, weak, run-down people, delicate children and feeble old people to try it.—Adv.



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# Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—



North Crandon, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. MAYME ASBACH, North Crandon, Wis.

### Testimony from Oklahoma.

Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCASLAND, 509 Howe St., Lawton, Okla.

### om a Grateful Massachusetts Woman.

Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found my trouble was caused by a displacement. Symptoms were bearing down pains, backache, sluggish liver. I tried several kinds of medicine then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am glad to be in my usual good health by using it. I highly recommend it."—Mrs. B. M. Osgood, 1205 Park, Roxbury, Mass.

You want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in confidence.



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